



WEEKLY FRESH SHEET

March 27th - 28th, 2024

All of our fresh meals are served with your choice Starch and two Vegetables unless otherwise denoted!

Please note that we will be closed on Good Friday March 29th, 2024 and will only be providing

Frozen Meals on Monday April 1st and Tuesday April 2nd, 2024!

PORK

1. MAPLE DIJON HAM 15

Boneless smoked Ham slow cooked in our house made Maple Dijon Glaze. Served with your choice of starch and two vegetables.

WE ONLY USE FARM FRESH CHICKEN

Farm fresh chicken is a great option for those who are looking for a healthy and delicious protein source. It is also a great choice for those who are looking for a meat that is free range and organic. With a little bit of care and attention, farm fresh

BEEF & LAMB

4. BEEF CABBAGE ROLLS 15

Tender Cabbage stuffed with Ground Beef, Rice and seasoning. Marinated and Baked in our Marinara Sauce.

5. COCONUT CURRY BEEF STEW 15

Tender strips of AAA Angus Beef braised with Sweet Onions, Carrots, Celery, Bell Peppers and fresh Cilantro in a Mild Coconut Curry Broth.

WE SUPPORT OCEANWISE SEAFOOD

Together we can act for ocean health and the good of our planet. Our time to make a difference is not tomorrow, it's now. We must create ocean-positive action today!

CHICKEN & TURKEY

2. CHICKEN JOSEPHINE 15

Boneless Farm Fresh Chicken Breast stuffed with Brie Cheese and topped with house made Raspberry Coulis.

3. HONEY LIME CHICKEN THIGHS 15

Boneless, skinless Chicken Thighs marinated in Soy Sauce, Lime Juice, Olive Oil, our own Fish Seasoning and Fresh Cilantro. Baked to perfection with Sweet Red Onions.

WE SUPPORT LOCAL VENDORS

Whether it is Hertel Meats in Port Alberni, Glenwood Meats in Langford, Islands West Produce in Victoria or Portofino Bakery in Saanichton, we source out local product when possible!

FISH & SEAFOOD

7. LEMON GARLIC PRAWNS 15

Tiger Prawns baked with Fresh Lemon, Garlic, Cilantro, White Wine and Butter.

7. CASHEW CRUSTED SALMON 18.95

Atlantic Salmon Fillet glazed with Dijon Mustard and Honey and topped with a blend of Cashews and our own Fish Seasoning. Baked to Perfection!

Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!

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